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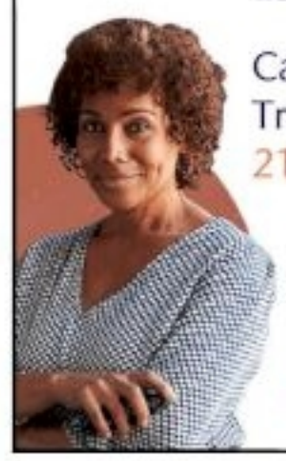

skylight

DOUBLE TROUBLE

A second whistleblower with insider knowledge of President Trump's dealings with the Ukraine has come forward, fueling impeachment efforts. 2

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Chance Rain	Chance Showers	Chance Showers	Partly Sunny	Partly Sunny

Second whistleblower in Trump-Ukraine scandal comes forward

Insider evidence against President Trump mounts

A second whistleblower has come forward with first-hand knowledge of President Donald Trump's attempts to get the Ukrainian president to investigate a political rival, lawyers for the official said on Sunday.

Lawyer Mark Zaid said the person, also an intelligence official, has direct knowledge of some of the allegations involving the initial whistleblower complaint, which triggered impeachment proceedings against the Republican president.

The emergence of a second protected witness complicates efforts by Trump and his Republican supporters to dismiss the complaint as politically motivated hearsay and may strengthen the Democrats' case against him.

The complaint, filed with the inspector general on Aug. 12, cited information received from half a dozen U.S. officials expressing concern that Trump was using the power of his office to solicit interference from a foreign country as he seeks re-election to a second term in 2020.

It also alleged that Trump leveraged $400 million in aid to secure a promise from Ukrainian President Volodymyr Zelenskiy to investigate a Democratic rival, former Vice President Joe Biden, and his son Hunter Biden, who sat on the board of a Ukrainian energy company.

"I can confirm that my firm and my team represent multiple whistleblowers in connection to the underlying August 12, 2019, disclosure to the Intelligence Community Inspector General," Andrew Bakaj, a second lawyer, said on Twitter. Bakaj declined further comment.

Zaid said the whistleblower had spoken with the inspector general as part of an initial examination of the whistleblower complaint. An interview with the inspector general affords protection against reprisal.

Confirmation of another whistleblower followed stirrings of discontent within Trump's own Republican Party after he called on Beijing on Friday to investigate Biden's son, who had business dealings in China.

Republican U.S. Senators Mitt Romney, Ben Sasse and Susan Collins have expressed concerns about Trump reaching out to foreign countries to help him in his 2020 re-election bid.

However, other Republicans stood firmly in support of Trump on news shows on Sunday, echoing the president's insistence that there was nothing wrong with his Ukraine call and dismissing his entreaty to China as a joke, even though Trump continues to raise the issue.

"I doubt if the China comment was serious to tell you the truth," U.S. Senator Roy Blunt, a Republican member of the Senate Intelligence Committee, said on CBS' "Face the Nation."

"I don't imagine that's what he was doing. Certainly we shouldn't expect the Chinese, the Russians or any of our national security adversaries to be helpful in any way."

Trump has alleged that Hunter Biden profited in his business dealings in both Ukraine and China from his father's position, although there has been no evidence of any wrongdoing.

"The Biden family was PAID OFF, pure and simple!" Trump exclaimed on Twitter on Sunday.

The president also railed against the "do-nothing" Democrats' impeachment with a string of retweets from supporters, touting his high approval ratings among Republicans.

The telephone call with Zelenskiy, a summary of which was released by the White House, and the whistleblower complaint prompted House of Representatives Speaker Nancy Pelosi to launch an impeachment inquiry on Sept. 24. Trump's attempts to solicit foreign interference jeopardized U.S. election integrity and threatened national security, she said.

Democrats said any finding that Trump withheld taxpayer money, already approved by Congress to help Ukraine fight Russian aggression, in exchange for a favor from Zelenskiy would strengthen the case against him. REUTERS

"The Biden family was PAID OFF, pure and simple!"
Donald Trump on Twitter

$400M
In Trump leveraged $400 million in aid to secure a promise from Ukrainian President Volodymyr Zelenskiy to investigate a Democratic rival, former Vice President Joe Biden, and his son Hunter Biden

REUTERS

Gay, transgender rights focus for U.S. Supreme Court

2 The U.S. Supreme Court kicks off its new term this week, with a major dispute on tap over whether a landmark decades-old federal anti-discrimination law that bars sex discrimination in the workplace protects gay and transgender employees. The nine-month term opens on Monday with three cases to be argued before the nine justices. On Tuesday, the court turns to one of the term's biggest legal battles, with two hours of arguments scheduled in three related cases on a major LGBT rights dispute. At issue is whether gay and transgender people are covered by Title VII of the Civil Rights Act of 1964, which bars employers from discriminating against employees on the basis of sex as well as race, color, national origin and religion. President Donald Trump's administration has argued that Title VII does not cover sexual orientation or gender identity. REUTERS

'Joker' smashes October record with $93.5 million

4 "Joker" laughed its way to a new record at the domestic box office. Despite mounting controversy and security concerns, the R-rated comic-book movie scored $93.5 million over the weekend and now stands as the biggest October launch of all time. Those ticket sales easily crushed the benchmark previously set last year by Sony's superhero tentpole "Venom" with $80 million. Directed by Todd Phillips and starring Joaquin Phoenix, "Joker" has been the subject of scrutiny in weeks leading up to its release over fears that the disturbing origin story of Batman's infamous foe could inspire violence. However, those anxieties didn't deter moviegoers from turning out en masse to see what all the fuss was about. REUTERS

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Pennsylvania confirms first vaping-related death

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"The lung injury cases are very serious, life-threatening and even fatal," said a health official.

BECCA GLASSER-BAKER
Rebecca.Glasser@metro.us

Pennsylvania health officials on Friday shared news of the state's first vaping-related death.

Department of Health Secretary Dr. Rachel Levine made the announcement during a news conference on Friday. Not many details were shared by Dr. Levine, other than that the death occurred in late September.

A press release reports that officials shared nine confirmed and 12 "probable cases of vaping-related lung illness" to the Centers for Disease Control (CDC). Additionally, they are investigating 63 cases.

The first case occurred in June.

Dr. Levine said, "The lung injury cases are very serious, life-threatening and even fatal."

Additionally, she added, "We do not yet know what is making people sick, and whether the illnesses are related to products being used, or potentially the delivery of those products. I strongly urge everyone who is vaping illegally bought products, in particular, those with THC, to stop. In addition, there could be possible risks with legally purchased products. We want to warn people that investigations are ongoing, and we advise they use extreme caution before using any vaping product at this time."

The department of health warns that "Generally, e-cigarettes are not safe for youth, young adults, pregnant women or adults who do not currently use tobacco products. It is also important to remember that e-cigarette aerosol is not harmless "water vapor."

> **"The lung injury cases are very serious, life-threatening and even fatal."**
> Dr. Levine

They continued, stating that, "It can contain harmful substances, including nicotine and ultrafine particles that can be inhaled deep into the lungs; flavoring such as diacetyl, a chemical linked to a serious lung disease; volatile organic compounds; cancer-causing chemicals and heavy metals such as nickel, tin, and lead."

Officials also shared some symptoms and signs of potential lung injuries associated with vaping. If you're concerned, here is what to watch for:

- Cough;
- Shortness of breath;
- Chest pain;
- Nausea or vomiting;
- Diarrhea;
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- Weight loss.

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A plume of exhaust extends from a Pennsylvania power plant. GETTY IMAGES

Governor Wolf takes on greenhouse gases

Scientists say that reducing CO2 emissions helps the state combat climate change.

BECCA GLASSER-BAKER
Rebecca.Glasser@metro.us

Governor Tom Wolf recently announced that the Pennsylvania Department of Environmental Protection (DEP) joined the Regional Greenhouse Gas Initiative (RGGI), a collaboration between nine Mid-Atlantic and Northeast states to help reduce greenhouse gas emissions and combat climate change.

Other U.S. states participating in this action are Connecticut, Delaware, Maine, Maryland, Massachusetts, New Hampshire, New York, Rhode Island and Vermont. They set up a cap on total CO2 emissions from electric power generators within the state.

To show they're following the cap, power plants need to purchase credit for the total number of CO2 they emit. The credits are purchased from an RGGI auction. The auction was held on Sept. 4, and it ended up costing companies $5.20 per ton. The profit from the auction goes back to the states, in proportion to regulations in each state.

Climate experts say that reducing CO2 emissions helps the state combat climate change.

In a press release, Gov. Wolf stated, "Climate change is the most critical environmental threat confronting the world, and power generation is one of the biggest contributors to greenhouse gas emissions."

Wolf added that, "Given the urgency of the climate crisis facing Pennsylvania and the entire planet, the commonwealth must continue to take concrete, economically sound and immediate steps to reduce emissions. Joining RGGI will give us that opportunity to better protect the health and safety of our citizens."

When it comes to the actual electricity, according to the press release, "Pennsylvania exports nearly a third of the electricity it produces, and the cost of RGGI compliance for exported electricity will be paid by electric customers in the states where that electricity is ultimately used."

The Wolf administration has heavily focused on combatting climate change, including signing an order in January with the goal to reduce greenhouse gas emissions 26 percent by 2025 and 50 percent by 2050.

Randy Padfield, director of the Pennsylvania Emergency Management Agency, said in a press release that, "Combatting climate change demands cooperation among many state agencies but also a proactive approach, and joining RGGI will help reduce carbon emissions, which will, in turn, reduce the threat of weather-related natural disasters."

"Climate change is the most critical environmental threat confronting the world, and power generation is one of the biggest contributors to greenhouse gas emissions"

Gov. Wolf

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Iraqi unrest has proved a huge security challenge to PM Adel Abdul Maa Mahdi REUTERS

Iraqi police fire on protesters in new unrest, death toll passes 100

An additional 6,000 have been left wounded in the escalating clashes

At least eight people were killed in new clashes between Iraqi security forces and anti-government protesters on Sunday, the sixth day of unrest in which the death toll has now passed 100 and more than 6,000 have been wounded.

The eight were killed in eastern Baghdad, police sources said, after police backed by the armed forces used live rounds. The demonstrators had taken to the streets hours after the government announced reforms to try to ease anger over corruption and unemployment.

The unrest is the biggest security and political challenge for Prime Minister Adel Abdul Mahdi's government since it took power a year ago. The clashes have revived fears of a new spiral of violence that could suck in influential militia groups and be exploited by Islamic State.

Before the latest clashes in the Sadr City residential district of the capital, an Interior Ministry spokesman said 104 people had been killed, including eight members of the security forces, in the unrest since Tuesday.

He said 6,107 had been wounded, including more than 1,000 police and security forces, and dozens of buildings had been set ablaze, he added. But he denied the security forces had fired directly at the protesters.

Two years after oil-producing Iraq declared the defeat of Islamic State, security has improved but corruption is rampant, wrecked infrastructure has not been rebuilt and jobs are scarce.

The protests, which have hit many parts of the country, do not appear to be organized by a single political group and seemed to catch the government by surprise.

At an emergency cabinet meeting on Saturday night, the government agreed a 17-point plan to increase subsidized housing for the poor, stipends for the unemployed and training programs and small loans initiatives for unemployed youth.

The families of those killed during demonstrations this week will also receive handouts and care usually granted to members of the security forces killed during war, it said.

"Amid all of this, I swear to God that my only concern is for the casualties," Abdul Mahdi was quoted by state television as saying during the cabinet meeting.

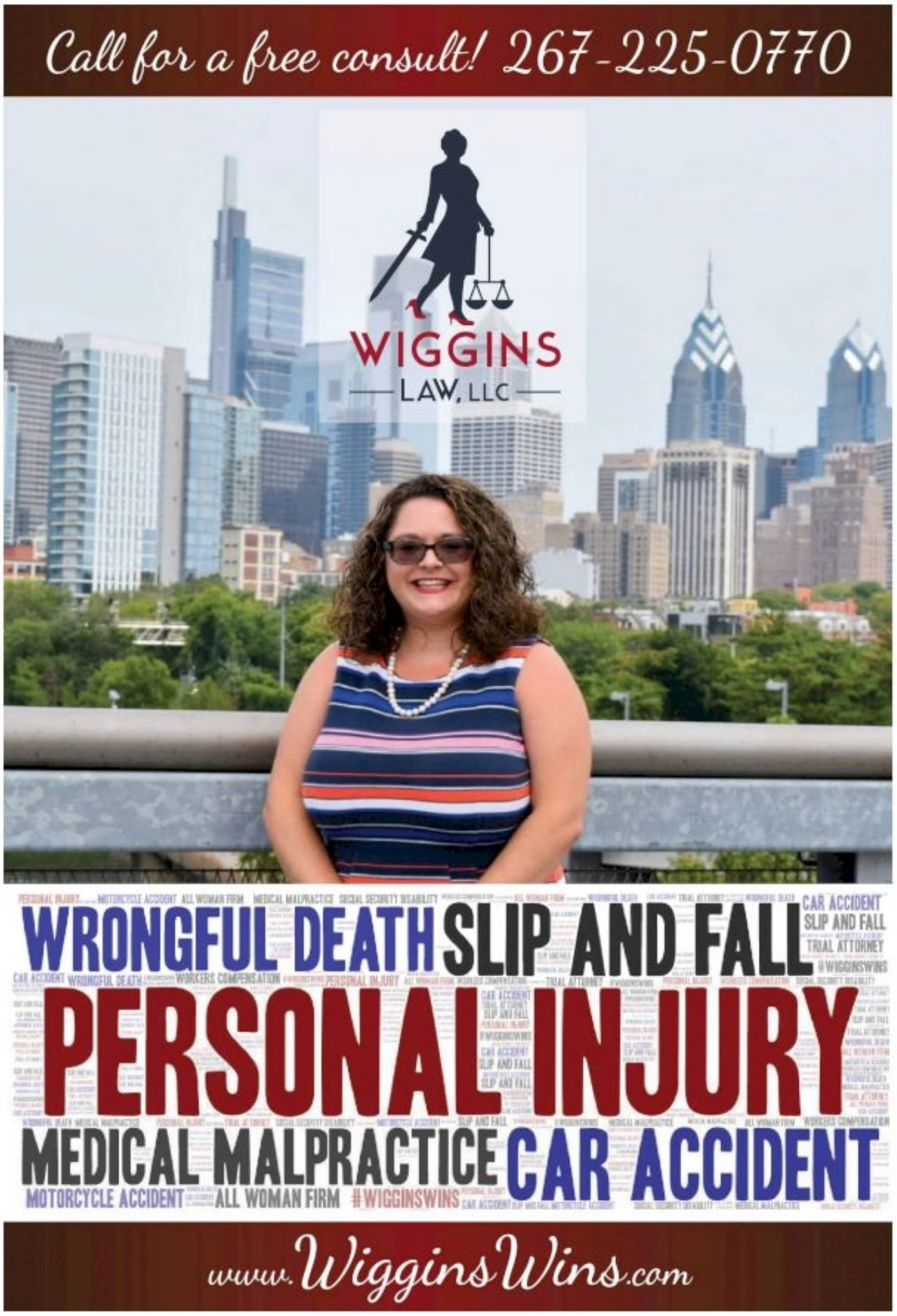
> **"Amid all of this, I swear to God that my only concern is for the casualties."**
>
> Abdul Mahdi

Details of the plan were disseminated on social media, but there was a continued internet outage across most of the country.

Twenty-six people were killed in clashes on Saturday and Sunday in Baghdad, the police and medical sources said.

Police also fired live rounds during clashes in the southern city of Nasiriya on Saturday, wounding 24 people including seven police, according to security, hospital and morgue sources. One person was killed on Saturday during demonstrations in the southern city of Diwaniya.

Protesters also torched the headquarters of several political parties in Nasiriya. REUTERS



Trump blasts Republican senator Mitt Romney as impeachment battle heats up

U.S. President Donald Trump on Saturday opened a new front in the impeachment battle that threatens his administration, blasting a prominent member of his party for criticizing his push to get foreign nations to probe a leading Democratic rival.

The Republican president, who launched a stream of invective at Democrats and the media this week as an impeachment probe in Congress widened, tweeted that U.S. Senator Mitt Romney was a "pompous 'ass' who has been fighting me from the beginning."

Romney, who lost the 2012 election to Democratic incumbent President Barack Obama, criticized Trump on Friday for asking China to investigate former Vice President Joe Biden, who is seeking the 2020 Democratic presidential nomination.

The Utah Republican said Trump's appeal to China was "wrong and appalling."

In a later tweet, Trump said he was hearing that people in Utah regretted electing Romney to the Senate in 2018. "I agree! He is a fool who is playing right into the hands of the Do Nothing Democrats! #IMPEACHMITTROMNEY," Trump wrote.

Trump also defended again as "appropriate" the July 25 phone call with Ukrainian President Volodymyr Zelenskiy that triggered the impeachment inquiry in the Democratic-controlled House of Representatives, and said his call for China to investigate Biden and his son Hunter was linked to corruption, not politics.

Another Republican senator, Susan Collins of Maine, on Saturday also criticized Trump for exhorting China to investigate the Bidens, calling it "completely inappropriate" in remarks to reporters at an event in her home state, according to the Bangor Daily News.

"I thought the president made a big mistake by asking China to get involved in investigating a political opponent," Collins said, according to the local report.

House Democrats are examining whether there are grounds to impeach Trump based on a whistleblower's complaint that said he asked Zelenskiy to help probe the Bidens. Hunter Biden was on the board of a Ukrainian natural gas company for several years.

There is no evidence of wrongdoing by either the former vice president or his son.

Secretary of State Mike Pompeo, a Trump ally, said on Saturday the State Department had issued an initial response to a request by the House Foreign Affairs Committee for documents tied to U.S. contacts with the Ukrainian government. The panel issued Pompeo a subpoena on Sept. 27.

"The State Department sent a letter last night to Congress, which is our initial response to the document request. We will obviously do all the things we are required to by law," Pompeo said in a news conference in Greece. He did not elaborate on the contents of the letter.

An official from the House Foreign Affairs Committee said in a statement to Reuters that Pompeo had "failed to meet the deadline to produce documents required by the subpoena," but confirmed the State Department had contacted the three House committees involved in the probes.

"We hope the department will cooperate in full promptly," said the official, who spoke on condition of anonymity.

Pompeo, who has acknowledged he listened to the July 25 call between Trump and Zelenskiy, objected last week to efforts by Democrats to obtain depositions from current and former department officials. REUTERS

Pres. Trump and Republican Sen. Mitt Romney REUTERS

"The State Department sent a letter last night to Congress, which is our initial response to the document request. We will obviously do all the things we are required to by law"
Mike Pompeo

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Chinese soldiers interact with protesters in Hong Kong. REUTERS

Chinese soldiers in Hong Kong warn protesters as emergency rules fail to quell unrest

Protesters now banned from using laser lights and wearing masks.

Chinese soldiers issued a warning to Hong Kong protesters on Sunday who shone lasers at their barracks in the city, in the first direct interaction with mainland military forces in four months of anti-government demonstrations.

The People's Liberation Army (PLA) garrison in Kowloon district warned a crowd of a few hundred protesters they could be arrested for targeting its troops and barracks walls with laser lights.

One officer shouted through a loudhailer in broken Cantonese, the main language of Hong Kong, "Bear consequences for your actions."

The stand-off with the PLA came after rallies attended by tens of thousands of protesters earlier on Sunday ended in violent clashes in several locations. Police fired tear gas and baton-charged the crowds, while some demonstrators threw bricks and petrol bombs at police as night fell.

Protesters concealed their faces in defiance of colonial-era emergency laws invoked by the authorities on Friday, which banned face masks. Protesters face a maximum of one year in jail for breaking the mask ban.

Police made their first arrests under the new rules, detaining scores of people. Officers tied their wrists with cable and unmasked their faces before placing them on buses. Some protesters lay in foetal positions on the ground, their wrists tied behind their backs, after being subdued with pepper spray and batons.

"The anti-mask law just fuels our anger and more people will come on to the street," Lee, a university student wearing a blue mask, said on Sunday, as he marched on Hong Kong island.

"We are not afraid of the new law, we will continue fighting. We will fight for righteousness. I put on the mask to tell the government that I'm not afraid of tyranny."

Chinese military personnel standing on the roof of the PLA's Osborn Barracks in Kowloon Tong district held up a sign in English and Chinese which read: "Warning. You are in breach of the law. You may be prosecuted."

The troops in fatigues also shone spotlights on the crowd and used binoculars and cameras to monitor protesters. The protesters, several thousand of whom passed the barracks, eventually dispersed.

"The anti-mask law just fuels our anger and more people will come on to the street."
Student protester

In August, Beijing moved thousands of troops across the border into Hong Kong in an operation state news agency Xinhua described at the time as a routine "rotation."

But the PLA has remained in barracks since protests started, leaving Hong Kong's police force to deal with the massive and often violent protests in the Asian financial hub.

The PLA's top brass has warned violence is "absolutely impermissible."

REUTERS

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Protests center on the pro-Russian, rebel-held Donbass region of eastern Ukraine

REUTERS

Thousands rally in Kiev to protest autonomy plan for eastern Ukraine

Thousands of people gathered in Kiev's main square on Sunday to protest against President Volodymyr Zelenskiy's deal with Moscow to grant autonomy to Ukraine's pro-Russian rebel-held east as part of efforts to end a five-year conflict there.

In the first breakthrough toward a possible peace deal in years, envoys from Moscow and Kiev agreed at talks on Tuesday on an election schedule for the Donbass region and on legislation giving it special status. Ukraine also agreed to call back its forces from the current contact line with separatist fighters.

But for many Ukrainians, these measures represent a huge betrayal by Zelenskiy who took power in April after a landslide election win. The war in eastern Ukraine has killed more than 13,000 people since April 2014.

"This is the beginning of the full capitulation of Ukraine," 53-year-old Roman, who fought in Donbass as a volunteer. He declined to give his surname.

Lawmaker Yana Zinkevych, who belongs to the previous president Petro Poroshenko's party, "European Solidarity", was among those who addressed the rally.

Last week's deal opened the way for a resumption of top-level peace talks to end the conflict, which helped send Russia's ties with the West to post-Cold War lows in 2014.

Zelenskiy said last week that he would discuss a peace deal for Donbass in upcoming four-way talks with Russia, Germany and France. He said any elections in Donbass would be held only after all Russian troops had left. Russia denies having troops there.

> **"This is the beginning of the full capitulation of Ukraine"**
>
> 53-year-old Roman. He declined to give his surname.

As things stand, Zelenskiy's party "Servant of the People", which holds a majority of 251 seats in the Ukrainian parliament, is still short of the 300 votes needed to change the Constitution and give autonomy to Donbass.

"We heard that the parliament must vote for some special status of those territories. We will do our best so that the parliament does not support any special status, any conditions that Russia or Putin imposes on us," said Inna Sovsun, a lawmaker of opposition Golos (Voice) party.

"The only formula that we are ready to accept is the formula… that was written in our Constitution, the formula, for which thousands of people died, this is the formula of a united sovereign Ukraine", said Sovsun. REUTERS

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Study shows pedestrians fatalities increased 25 percent in the past 5 years

New research indicates that pedestrian-related deaths have grown a ton over the past five years.

BECCA GLASSER-BAKER
Rebecca.Glasser@metro.us

A new study conducted by carinsurance.org reveals that pedestrian fatalities are on the rise in America. The study shows that from 2013 to 2017, pedestrian fatalities have increased by 25 percent.

Sadly, on average, the study discovered that in 2017, 16 people a day died in incidents. The number of respondents for the 2017 survey of pedestrian deaths was 5,977.

GETTY IMAGES

When it comes to walking, the survey noted that the most dangerous times for pedestrians to walk is during the nighttime. The hours of 6 p.m. to midnight are the most unsafe time for pedestrians. Within the five years studied, nighttime pedestrian deaths increased by 29 percent.

During the day it is much safer for pedestrians, but the numbers show that the daytime pedestrian death rate has still increased; by 17 percent over the five-year period.

On the flip side, when it comes to driver's feelings about pedestrians, the study showed that about a quarter of drivers were most nervous about driving between 3 p.m. and 6 p.m., and between midnight and 3 a.m. It's interesting to note that the timings during which drivers were most anxious didn't match up to the most dangerous time for pedestrian deaths.

Interestingly enough, men are 2.4 times more likely than women to die as pedestrians. Female deaths only rose by 13 percent in 2017 compared to 2013, but men's deaths are up 21 percent since 2013.

29%

Within the five years studied, nighttime pedestrian deaths increased by 29 percent.

The most common cause of pedestrian fatalities, according to the survey, involve pedestrians crossing roadways and vehicles not turning. Following that, the second most dangerous scenario for pedestrians is walking/running along a roadway. Coming in third is unusual circumstances.

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Four killed, five wounded in shooting in Kansas bar

Four people were killed and five wounded in a Kansas City area bar early on Sunday when one or two suspects opened fire, and police were hunting for the shooters, local authorities said.

Authorities believe the suspects had been involved in a dispute at Tequila KC Bar, a private club, earlier in the night and left before returning around 1:30 a.m. and opening fire with handguns, the Kansas City Police Department, Kansas, said in a statement.

The four people killed were all Hispanic men and ranged from their mid 20s to late 50s. The five people injured were hospitalized and are in stable condition, police spokesman Thomas Tomasic told reporters on Sunday.

"We do not have any specific suspect information yet," Tomasic said. "We do not believe it's random. We do believe that it's an isolated incident."

A local news videographer records footage of the entrance to Tequila KC bar where 9 people were shot and four killed on October 06, 2019 in Kansas City
GETTY IMAGES

Police arrived at a scene of chaos when they were alerted to the incident, as the few dozen people who had been in the bar were running out, the suspects had fled and there was blood on the street, he said.

Authorities have not identified the victims, but local resident Juan Ramirez told the Kansas City Star on Sunday that his 29-year-old nephew was among those killed.

Kansas City, Kansas, is located about 4 miles (6.4 km) across the Missouri River from Kansas City, Missouri. REUTERS

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A Chinatown street is cordoned off by the NYPD REUTERS

New York man charged with killing four homeless men using metal pipe

The heinous crimes took place in NYC's Chinatown.

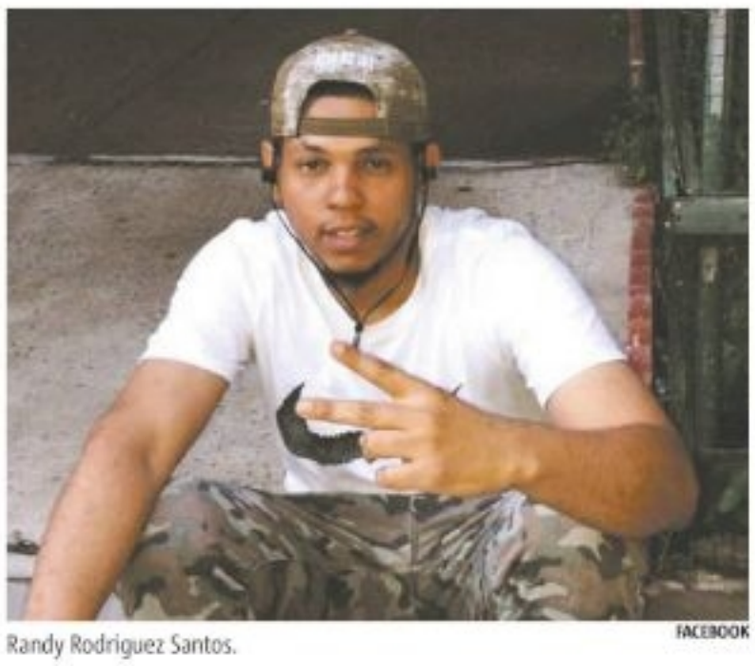
New York police have charged a man with murder for using a metal pipe to beat four fellow homeless men to death as they slept in the city's Chinatown district, authorities said on Sunday.

Randy Santos, 24, was charged with four counts of murder, one count of attempted murder and one count of unlawful possession of marijuana, said New York City Police Department spokesman Martin Brown.

Santos was taken into custody on Saturday after officers responded to a report of an attack and found the bodies of four victims in Manhattan's Chinatown neighborhood.

The suspect's mother, Fioraliza Rodriguez, told the New York Daily News that she had kicked her son out of her house three years ago because he was addicted to drugs, assaulted her and his grandfather and stole from the family.

"I never thought he would kill someone," Rodriguez told the newspaper. "I was afraid of him, though, because he punched me. That's when I told him to get out of my house."



Randy Rodriguez Santos. FACEBOOK

The police department's chief of detectives for Manhattan South, Michael Baldassano, told reporters on Saturday that the victims had appeared to be sleeping and a fifth victim was in the hospital. The condition of the fifth victim was not immediately known on Sunday. REUTERS

The NYPD released this photograph showing the piece of metal that Santos allegedly used to beat to death four sleeping homeless men early Saturday morning. NYPD

the Grumble

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Gentlemen, I know you probably had a long day at work or school and you're tired, but you have to stop barging over women and children to try and get a seat on the subway. I've lost count of how many middle-aged men I've seen out-rush senior citizens and young mothers with children, pretend they didn't see them, and bury their collectively stupid faces in their phones. Be better.

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HL, *Metro New York reader*

metro.us/horoscopes

Aries You'll be drawn to questionable people and concepts. Look for flaws in whatever is being offered to you before you decide to take part. A partnership needs an adjustment.

Taurus You'll have too many choices and too many people tempting you. Take a step back and consider what's realistic and what isn't. Look at the facts before you take a leap.

Gemini Keep moving. Physical action will get you closer to your destination than will arguing with someone who doesn't see things your way. Romance is on the rise.

Cancer Put your energy into something unique, original or creative. Refuse to let others' actions stop you from reaching your goals. Focus on achieving, not on getting into a debate.

Leo Personal growth, physical improvements and getting things done on time should be your priorities. Don't follow someone else when you have your own responsibilities.

Virgo Get away from anyone who is causing confusion in your life. Surround yourself with positive people who share your beliefs and complement what you have to offer.

Libra Consider what truly matters to you. It's time to reevaluate your life and direction. Be honest with those who will be affected by the choices you make.

Scorpio A change can make or break you. Don't act on impulse or let your emotions lead you down the wrong path. Think before you act, and nurture what you love.

Sagittarius Keep moving toward your goal. Refuse to let distractions come between you and what you want to achieve. The shortcut someone offers will lead to a setback. Use common sense.

Capricorn He who hesitates is lost. Consider what you want and make it happen. It's up to you to control a situation if you want it to turn in your favor.

Aquarius Spend more time sorting through your personal papers, and consider your medical or legal options. Refuse to let your emotions stop you from making the right decision.

Pisces Take time to consider what's best for you. Running with the fast crowd or letting others entice you to get involved in something that isn't good for you should be avoided. EUGENIA LAST

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Catch "Halloween Wars" every Sunday on Food Network. ALL PHOTOS MICHAEL MORIATIS / FOOD NETWORK

Sweetly addicting

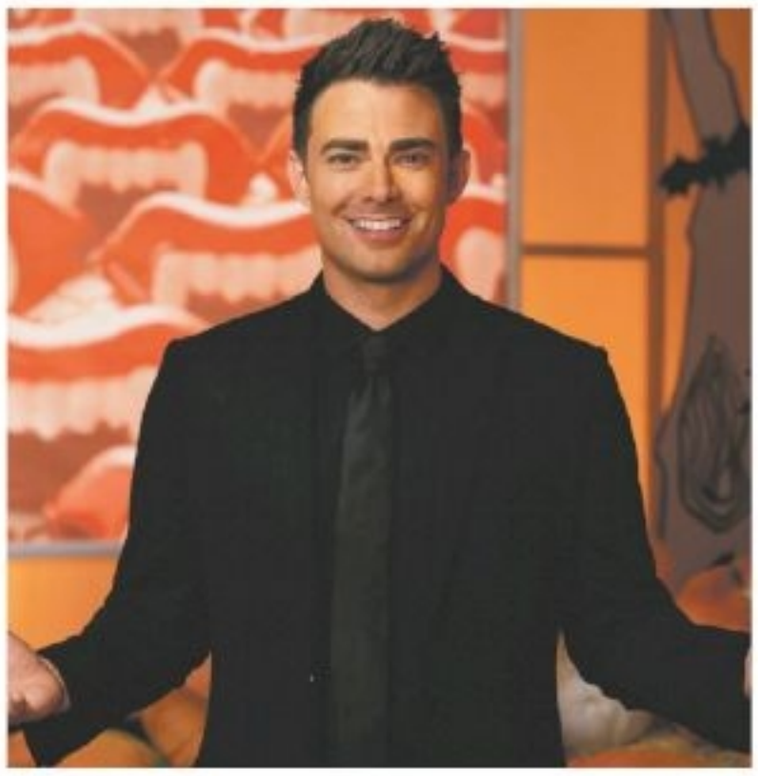
Host Jonathan Bennett gives Metro the scoop on the wildly popular competition series "Halloween Wars"

MOLLY GIVEN
Molly.Given@metro.us

Fifteen years ago Jonathan Bennett was one of the country's most sought-after heartthrobs after his breakout role in the 2004 smash-hit "Mean Girls." Now the actor has moved on to another role, hosting, and the 38-year-old could not be more excited about it. Bennett has hosted in the past for Food Network, but his all-time favorite gig is for the fan-favorite "Halloween Wars". Bennett sat down with Metro to chat about the competition series, dive into what he loves about hosting and give the scoop on what makes the show so sweetly addicting for audiences.

I didn't know just how involved you are in the culinary world – you've hosted for Food Network before and even have your own cookbook. How did you first get involved with Food Network and break into the culinary world?

As far as Food Network, I did "Dancing with the Stars" and when I got voted off very early, I realized I can't dance – and that's totally fine, dancing is not for me. Then some people from Food Network saw me on there and they agreed I wasn't a good dancer. But they thought I was really funny and that I would be a really good fit for "Cake Wars." So they offered me the job on "Cake Wars," and I jumped at the chance because who doesn't want to be a host on Food Network? It's a dream job. The more I worked there, the more in love with food I got, and the more I was around all of the amazing chefs, bakers and cake artists on the show. That love just kept growing until I decided I needed to release a cookbook. I had all of these recipes from my late mother who was a chef – she had incredible recipes that I just wanted to share with the world. So I combined my talent and passion for food, hosting on Food Network and being in "Mean Girls" to make "The Burn Cookbook."



What exactly goes down on "Halloween Wars"?

What I love about "Halloween Wars" is that it's different from all of the other shows. This one is the number one fan-favorite I think of the Network, people wait in anticipation all year long to see it. Once the show hits, it's an indication that the holidays are upon us and it's time to start getting ready for fall, winter and Christmas. It's one of the craziest shows you'll ever see. We take three artists: A cake artist, a pumpkin carver and a sugar artist, we team them up and we put them against four other teams to see which one can create the most terrifying, mind-blowing, gravity-defying displays out of nothing but cake, pumpkin and sugar. What's so fun is that not only are the displays terrifying, they're also delicious. Every week there's a different theme and we give them challenges specifically for that episode. Every week someone also goes home.

What is it about "Halloween Wars" that makes it so highly anticipated and addicting for people?

I think what makes "Halloween Wars" the number one fan-favorite show on Food Network is the excitement and the fun that the people have on the show. The talent that our show finds from the contestants and brings to the competition is better than anything else I've ever seen on television. We just have so much fun, we don't take ourselves too seriously – but yet we take it very seriously. There's a great mixture of scary, talent and fun, it's just the right amount of everything.

What do you like the most about hosting?

I love getting to do all the different gags and time calls with all of our amazing guest judges. Not only do we have amazing sugar artists and a lot of fun, but we also have special celebrity judges in every episode. We have people from "Twilight," "Walking Dead," "Stranger Things" – cast members from pretty much all over the horror genre coming on to guest judge. That's a pretty special thing because we don't pay these people a lot of money, but when we call them, 100% of the time they say yes. They jump at the chance because they're fans of the show or their kids are fans of the show. So there's just an excitement about "Halloween Wars" that makes people want to be there and be on the show. You just never know what you're going to see – not only are you going to see amazing sugar work and crazy pumpkin carving, you're also going to see some of your favorite celebrities from the horror genre judging those creations. On top of that, my absolute favorite part of the show is what I get to do. I get to do all of these skits with all of our guest judges and do all of this goofy and ridiculous comedy on the show that no other show on Food Network has.

Overall why would you tell people to watch Food Network's "Halloween Wars"?

I would say you should watch "Halloween Wars" because it gets you in the mood for Halloween, you get to see mindblowing pumpkin creations and you get the hilarious wit of the extremely talented host, Jonathan Bennett. You've never seen pumpkins quite like this.

Catch "Halloween Wars" every Sunday at 9 pm ET on Food Network

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L-shaped building in Tokyo

There is less and less space in big cities left for buildings. And that is why the Japanese architectural firm SO&CO has recently completed the construction of one of the thinnest in the world which is just over two meters wide. The office building called the Multi-Tenant Building in Ginza is located on a L-shaped plot in a densely populated shopping district in Tokyo, Japan.

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So Teruuchi

This is how the interior of the thinnest Japanese building looks. SO&CO

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5 fun things to do in Philly this week

Immerse yourself in a real-life game of "Clue," sample a variety of bourbon, burgers and more.

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Molly.Given@metro.us

Looking for some fun and unique things to do in Philly this week? We've got you covered.

The Thirsty Dice's Clue-DunnIt?
Philly's first board game cafe is bringing one of the most beloved and classic games to life this week and everyone is invited out to channel their inner 1940s "Clue" vibes during The Thirsty Dice's Clue-Dunnit extravaganza. The fun-filled night will feature Miss Scarlet, Miss Peacock, Professor Plum and all other "Clue" favorites in a murder-mystery event that allows guests to try and figure out who in the building has been feeding into their killer tendencies. The event will also feature a "Clue"-themed buffet (think Colonel Mustard Chicken and Professor Plum Crumble), a cash bar and prizes. Tickets can be purchased in advance online for $40 or at the door for $45

Head to The Thirsty Dice this week to check out their ClueDunnit event. PROVIDED

Oct. 10, 7 pm-10 pm, The Thirsty Dice, 1642 Fairmount Ave., $40-$45, thirstydice.com

Burgers & Bourbon
Head to Center City hotspot Village Whiskey this week to help celebrate the close of their month-long 10-year anniversary festivities. Burgers & Bourbon will feature an interactive bourbon tasting highlighting some of the chef's handpicked favorites served alongside some of Village Whiskey's tastiest burger dishes. This event is perfect for all bourbon-drinkers, burger-eaters and just pure fun-lovers.
Oct. 10, 6:30 pm-8:30 pm, Village Whiskey, 118 S 20th St., $75, philadelphia.villagewhiskey.com

"Behind the Lens"
Head to City Winery in the new Philadelphia Fashion District to check out this one-of-a-kind event with legendary photographers Mick Rock and Henry Diltz. According to the release, "Behind The Lens" is a live show featuring Rock and Diltz sharing the stories behind some of their most iconic still and moving images, with visuals included giving guests the chance to chat with both photographers during

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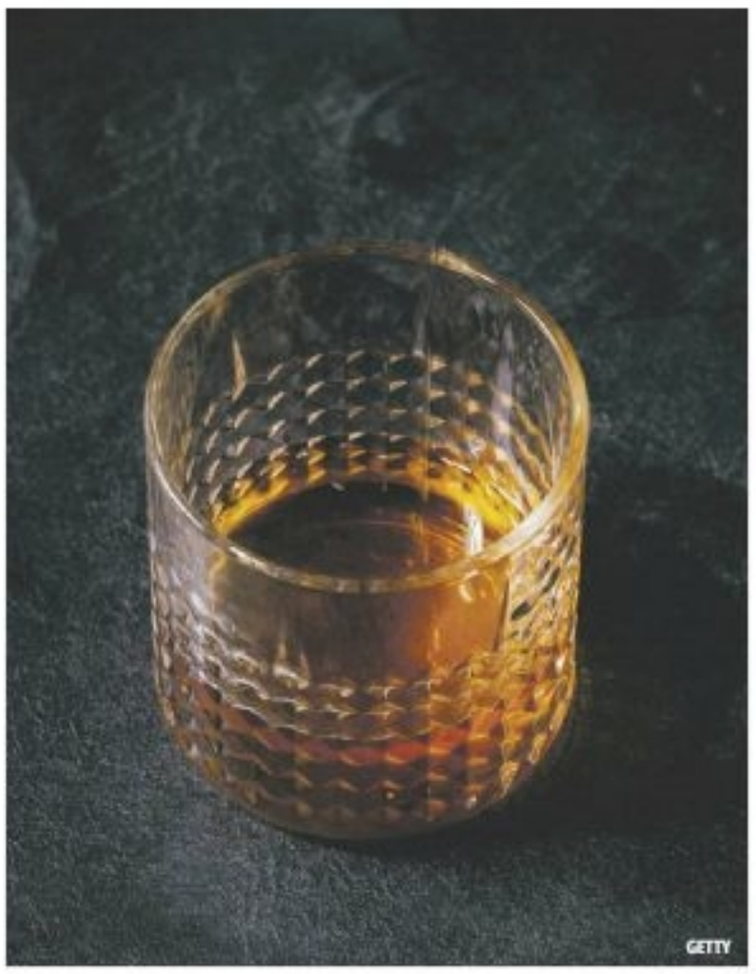
Oct. 8, 8 pm, City Winery, 990 Filbert St., $26-$32, citywinery.com

Weaver's Way Farm Dinner
Head to Weaver's Way co-op this week for a cozy communal dinner at their Mort Brooks Farm in the Agricultural Village at the Awbury Arboretum. Three delightful courses will be presented by Executive Chef Bonnie Shuman all showcasing seasonal ingredients from the farm. Menu items include a 'Green Goddess' gazpacho, kale salad with Tahini-lemon dressing, chicken posole or vegan seitan posole, and an Asian pear crisp with maple whipped cream (vegan whipped cream is also available). Guests have a choice between three ticket options: Cosmos ($40), Snapdragon ($55) and Sunflower ($80). Mocktails and farm tours (6-6:45 pm) are included with all tickets, guests are also allowed to bring their own alcoholic beverages and set-ups, the group with the most creative set-up also wins a prize.
Oct. 9, 6 pm-8:30 pm, Mort Brooks Farm, 6336 Ardleigh St., Philadelphia, $40-$80, weaversway.coop

"The Night Alive" at the Inis Nua Theatre Company
Inis Nua's latest production comes from one of Ireland's most widely produced playwrights, Conor McPherson, with Philadelphia's production of the popular show directed by Tom Reing. "The Night Alive" follows the story of Tommy, a lost Ireland-native who is just scraping by in life. Tommy meets and befriends a young woman who is trying to escape an abusive relationship and together, the pair build a friendship that alters their lives forever. "The Night Alive" opens this week.
Oct. 9-27, times vary, Inis Nua Theatre Company, 302 S Hicks St, Philadelphia, pay-what-you-wish, inisnuatheatre.org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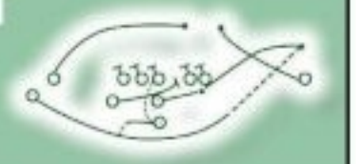

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Nature Conservancy's 2019 global photo contest winners

The global conservation agency dubbed Nature Conservancy, which works in 72 countries to address climate change, has recently announced the winners of its 2019 photo contest, selected from more than 121k participants from 152 countries. Metro highlights the stunning shots. **METRO WORLD NEWS | PHOTOGRAPHS: NATURE CONSERVANCY**

1 Grand Prize Winner

The photo of this California sea lion (Zalophus californianus) framed by kelp beds in Monterey Bay, California, became the 'Grand Prize Winner' of the contest. **TYLER SCHIFFMAN / THE U.S.**

2 First place, Cities and Nature

This incredible photograph shows the famous Golden Gate Bridge in California, the U.S., during a low fog event showing how nature and big cities coexist. **JAY HUANG / THE U.S.**

3 First place, Wildlife

This solitary polar bear swimming in the middle of the sea in Svalbard, Norway, became the protagonist of the shot called 'Hope,' which won first place in the Wildlife category. **FERNANDO O'FARRILL / MÉXICO.**

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This New Bladder Control Pill May Replace Adult Diapers

Clinical studies show new pill may be effective enough to replace adult diapers for bladder control; initial users show dramatic reduction in trips to the bathroom, embarrassing leaking, and nighttime urgency.

Robert Ward,
Associated Health Press

AHP – Adult diaper sales are expected to plummet as results from a clinical trial on a new, patented bladder control pill have finally been released.

Sold under the brand name *UriVarx™*, the new pill contains key ingredients that keeps the bladder from releasing voluntarily, which reduces accidents and frequent bathroom trips.

Perhaps more impressive, it also targets the tiny muscles around the bladder, which helps the bladder to create a tighter seal.

This would explain why the average *UriVarx™* user in clinical trials experiences a 66% reduction in urinary incontinence symptoms, such as day and night leaking and sudden urges to urinate.

NEW DISCOVERY IN BLADDER CONTROL

Until now, doctors believed it was impossible to strengthen the muscles that control the bladder. They are amazed to see that it can now be done with the non-prescription *UriVarx™* pill.

"As you get older, and the involuntary muscles around your bladder weaken, you lose urinary control. With your bladder wall unable to properly seal, you constantly leak and feel pressure to urinate" explains Dr. Bassam Damaj of Innovus Pharmaceuticals.

"*UriVarx™* targets the bladder muscles and help restores vital kidney health, reducing urgency and frequency. It also helps you "hold it" for hours so you never have to worry about embarrassing accidents ever again!"

FREEDOM FROM SUDDEN URGES AND LEAKS

Since hitting the market, sales for the patented *UriVarx™* pill have soared and there are some very good reasons why.

To begin with, the double blind large clinical studies published in the clinicaltrials.gov have been impressive. Participants taking *UriVarx™* saw a **stunning reduction** in urinary frequency, which resulted in fewer bathroom trips both day and night.

They also experienced a **dramatic decrease** in incontinence episodes, such as leaking and bed wetting.

The active ingredients in *UriVarx™* comes from a patented formula. It is both safe and healthy. There are also no known serious side effects in its history of use.

Scientists believe that the ingredients target the muscles of the bladder to grow stronger. These muscles are responsible for keeping the bladder tightly sealed. They also help the bladder to completely empty, allowing bacteria to be flushed from the urinary tract.

Research has shown that as you get older, certain hormonal changes in the body cause these muscles to shrink and become lose. This is what causes the bladder to be over active and the resulting urine accidents and why *UriVarx™* seems to be so effective in the published clinical trials.

EXCITING RESULTS FROM URIVARX USERS

Many *UriVarx™* users say their bladders have never been stronger. For the first time in years, they are confident and in complete control. Adult pads and diapers are no longer a big worry.

"After my third child, I couldn't control my bladder. I was running to the bathroom all the time! And once I hit my 60s it became so unpredictable I needed to wear adult pads every day" explained Marie L. of Danbury, CT.

"I was embarrassed so before going to my doctor I decided to try UriVarx and I'm so glad I did! The urgency is gone and I no longer feel like my bladder is about to explode. I can also "hold it" when I need to so I'm no longer living in constant fear of finding a bathroom."

IMPRESSIVE CLINICAL RESULTS

The exciting clinical results published on the government clinical website clinicaltrials.gov show that *UriVarx™* can strengthen your bladder fast, significantly reducing the urine urgency and leaks.

In a new double-blind, placebo-controlled clinical study, 142 men and women with bladder control issues were separated into two groups. The first group was given a placebo while the other received *UriVarx™*.

The results were incredible. The participants who received *UriVarx™* saw major improvements in leaking, pressure, and the urgency to go – all without the usual side effects seen in prescription drugs! They also reported fewer trips to the bathroom both day and night.

Overall, the *UriVarx™* group experienced:

- 56% Reduction in Urge Incontinence
- 66% Reduction in Stress Incontinence
- 61% Reduction in Urgency
- 33% Reduction in Frequency
- 46% Reduction in Nighttime Bathroom Trips

Additionally, at the end of clinical trial and after seeing the results, **84% of the participants taking *UriVarx™* said it significantly improved their quality of life.**

"The clinical findings are incredible, but people still wonder if it will really work" explains Dr. Bassam Damaj. "It's normal to be skeptical, but we've seen thousands of *UriVarx™* users get results exactly like the participants in the study. It's an amazing product."

HOW IT WORKS

UriVarx™ is a pill that's taken just once daily. It does not require a prescription.

NEW PILL MAY REPLACE DIAPERS FOR BLADDER CONTROL: This new patented clinically proven pill solution is now available nationwide

The active ingredients are patented natural extracts.

Research shows that as we get older, the muscles which surround the bladder weaken. This is caused by hormonal changes in the body that causes the muscles to atrophy and weaken.

When they become too small and weak, they cannot seal your bladder shut, which causes leaking, accidents, among other incontinence symptoms.

It also prevents your bladder from fully emptying, which can result in persistent bacterial infections and UTIs.

UriVarx's™ active ingredient targets the muscles around the bladder, making them stronger. Supporting ingredients in *UriVarx™* support kidney function and overall urinary health.

BLADDER PROBLEMS GONE

With daily use, *UriVarx™* can restore strong bladder control and help users overcome leakage without the negative side effects or interactions associated with drugs.

Leakage sufferers can now put an end to the uncontrollable urges, the embarrassing accidents, and enjoy an entirely new level of comfort and confidence.

HOW TO GET URIVARX IN PENNSYLVANIA

This is the official release of *UriVarx™* in Pennsylvania. As such, the company is offering a special discounted supply to anyone suffering from bladder issues who calls within the next 48 hours.

A special hotline number and discounted pricing has been created for all Pennsylvania residents. Discounts will be available starting today at 6:00AM and will automatically be applied to all callers.

Your Toll-Free Hotline number is 1-800-461-3087 and will only be open for the next 48 hours. Only a limited discounted supply of *UriVarx™* is currently available in your region.

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MATT BURKE

Matt Burke is a veteran sports journalist and the Founder and Editor in Chief of MetroBet.

Before we get to the Monday Night Football betting preview, I should remind you about the best offer in PA and NJ sports betting – a limited-time offer to obtain a free $50 VISA gift card and up to $250 in risk-free bonus money at **MetroBet.us/Sugar.**

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We've got a good one on Monday night this week as the 2-2 Browns visit the 3-0 49ers in Santa Clara.

The 49ers have the most underrated defense in the NFL right now as rookie stud Nick Bosa and veteran Pro Bowler Dee Ford have elevated San Francisco to an elite level. The 49ers D is allowing just 18 points per game, is sixth in the NFL in pass defense (208.3 yards per game) and is fifth in the league in rush defense (75.0 yards per game).

They'll have their hands full with Baker Mayfield and friends, as the Browns looked much better on offense last week – hanging 40 points on the Ravens, but expect the 49ers to hold Cleveland to under 25 points here.

GETTY IMAGES

San Fran defensive coordinator Robert Salah (formerly the linebackers coach for the Jaguars' stingy D) and offensive mastermind Kyle Shanahan have had two weeks-plus to prepare for the Browns as they had their bye last week.

Cleveland has not been able to show that they're capable of putting together back-to-back strong efforts in consecutive weeks yet as they lost at home to Tennessee 43-13 in Week 1, won at the Jets 23-3 in Week 2, lost at home to the Rams 20-13 in Week 3, and then exploded for 40 points against the Ravens last week in a 40-25 victory.

The 49ers, meanwhile, won at Tampa Bay 31-17 in Week 1, blew out the Bengals in Cincy in Week 2 41-17, and edged the Steelers at home two weeks ago 24-20.

The Niners are 2-1 against the spread so far this season while Cleveland is 2-2. Liking San Francisco to jump to 3-1 ATS as they're sitting on a -4.5 spread right now at **MetroBet.us/Sugar.**

The play: $10 on 49ers -4.5

TWEET OF THE DAY

Todd Fuhrman
@ToddFuhrman

Question I'm frequently asked: "What's the right number of NFL games to bet each week?"
My answer is there's no "right" number; some weeks you have big cards while others you have small ones. Picking 5 games in a contest is different than walking to the window to place a bet.

Best Bets

College FB betting:

One of college football's most iconic rivalries will be renewed at the Cotton Bowl as the Oklahoma Sooners take on the Texas Longhorns this Saturday.

The Sooners have won seven of the last 10 editions of the "Red River Rivalry" and they look poised to score another victory in this spot.

Oklahoma's offense is No. 1 in the country by a healthy margin, as they're producing 644 yards per game. Quarterback Jalen Hurts has completed over 75 percent of his passes and is averaging 14 yards per attempt with a 14-2 TD-INT ratio. He's also the team's leading rusher at 499 yards for the season (8.8 yards per carry) and has accounted for seven additional TDs on the ground.

Spelling Hurts are dynamic running backs Trey Sermon and Rhamondre Stevenson, who have combined for 665 yards rushing and nine TDs through five games. Texas' defense is a lackluster 104th in yards allowed per game this season (442), so the Sooners' attack should face little resistance.

GETTY IMAGES

The Longhorns' offense, led by Sam Ehlinger, is not a bad unit (19th by yards per game), but they will match up with a substantially improved Oklahoma defense that's 46th in the nation by yards allowed per game (346).

The play: Oklahoma spread

ROBERT CRISCOLA

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SPORTS

Eagles defense dismantles Jets

Birds rack up 10 sacks, two defensive TD's against hapless Jets.

JOVAN ALFORD
sports@metro.us

The Eagles defense went all out against the Jets on Sunday. GETTY IMAGES

As fans recall, in three out of the last four regular-season games, the Philadelphia Eagles were down at the half and fighting to come back in the second half.

But on Sunday afternoon, the Eagles made sure that they were not in that predicament again, defeating the winless Jets, 31-6, at Lincoln Financial Field.

Eagles quarterback Carson Wentz had another solid outing on Sunday, completing 58.6-percent of his passes 189 yards and a touchdown.

However, it was the Eagles' defense, who had an outstanding performance against New York's anemic offense. Philadelphia racked up two defensive touchdowns, 16 quarterback hits, and 10 sacks.

The Eagles' defense came into Sunday's contest with only three sacks through four games, ranking them dead last in the NFL.

Also, with the victory, Philadelphia has now two-straight games overall and 11 straight contests over the Jets, dating back to 1973.

From the opening kickoff, the Eagles imposed their will on the Jets both on defense and offense.

On the Jets' first offensive possession, Philadelphia's defense held running back Le'Veon Bell to a single yard on his first two carries of the game.

Then on third down, veteran defensive end Brandon Graham brought down Jets starting quarterback Luke Falk for his first sack of the season and fourth for the defense. Graham finished the game with three sacks.

After the Eagles' defense got off the field, it was time for the offense to flex their muscles.

Last week against the Green Bay Packers, Eagles head coach Doug Pederson made it a point of emphasis to run the ball. That plan worked as the Eagles racked up 176 rushing yards (87 from Howard, 72 from Sanders).

Pederson stuck with that philosophy against the Jets as Howard, Sanders, and Darren Sproles all got a carry to start the opening drive. However, out of the three running backs, Howard found success on 3rd-and-1, picking up 15 yards.

Later in the drive on another third down, fourth-year quarterback Carson Wentz hooked up with veteran wideout Alshon Jeffery for 13 yards, putting the Eagles in prime position to score a touchdown.

Three plays later, Philadelphia did just that as Howard would score a one-yard touchdown, giving them an early 7-0 lead.

The Jets' offense would get the ball back with 7:43 left in the opening quarter, but squandered the production they got from Bell, who had 29 total yards.

After stopping Bell on third down and short, thanks to a huge tackle from safety Rodney McLeod. The Jets decided to go for it on fourth down.

However, the Eagles' defense stepped up once again as linebacker Nate Gerry intercepted Falk, who was only making his second career NFL start for a 51-yard touchdown return.

With that interception, the Eagles were not only up 14-0, but it was their first defensive touchdown in their last 22 games.

According to Reuben Frank of NBC Sports Philadelphia, it was the Eagles' first pick-six since Patrick Robinson did it against the Minnesota Vikings in the 2017 NFC championship game.

After both teams traded punts late in the second quarter. The Eagles' defense created another turnover, this time from McLeod, who intercepted Falk.

With great field position, Philadelphia's offense made sure to capitalize off the Jets' miscue.

On second-and-seven, Wentz found All-Pro tight end Zach Ertz for his first touchdown reception of the season, giving the Eagles a commanding 21-0 lead.

In the second half, the Eagles continued their dominance over the Jets as Graham would get his third sack of the day with 9:22 left in the third quarter.

Later in the third frame, Philadelphia's offense put together a masterful 12-play, 77-yard drive, mixing in the run and the pass. Ultimately, kicker Jake Elliott converted a 28-yard field with 1:28 remaining in the quarter, increasing the Eagles lead to 24-0.

After allowing a late touchdown, he Eagles' defense would get those points back in emphatic fashion. Veteran cornerback Orlando Scandrick, who was just re-signed this week, blitzed on third down, causing a fumble that was returned for a 44-yard touchdown.

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At 10 am at 5440 North 6th Street, Phila., PA 19120

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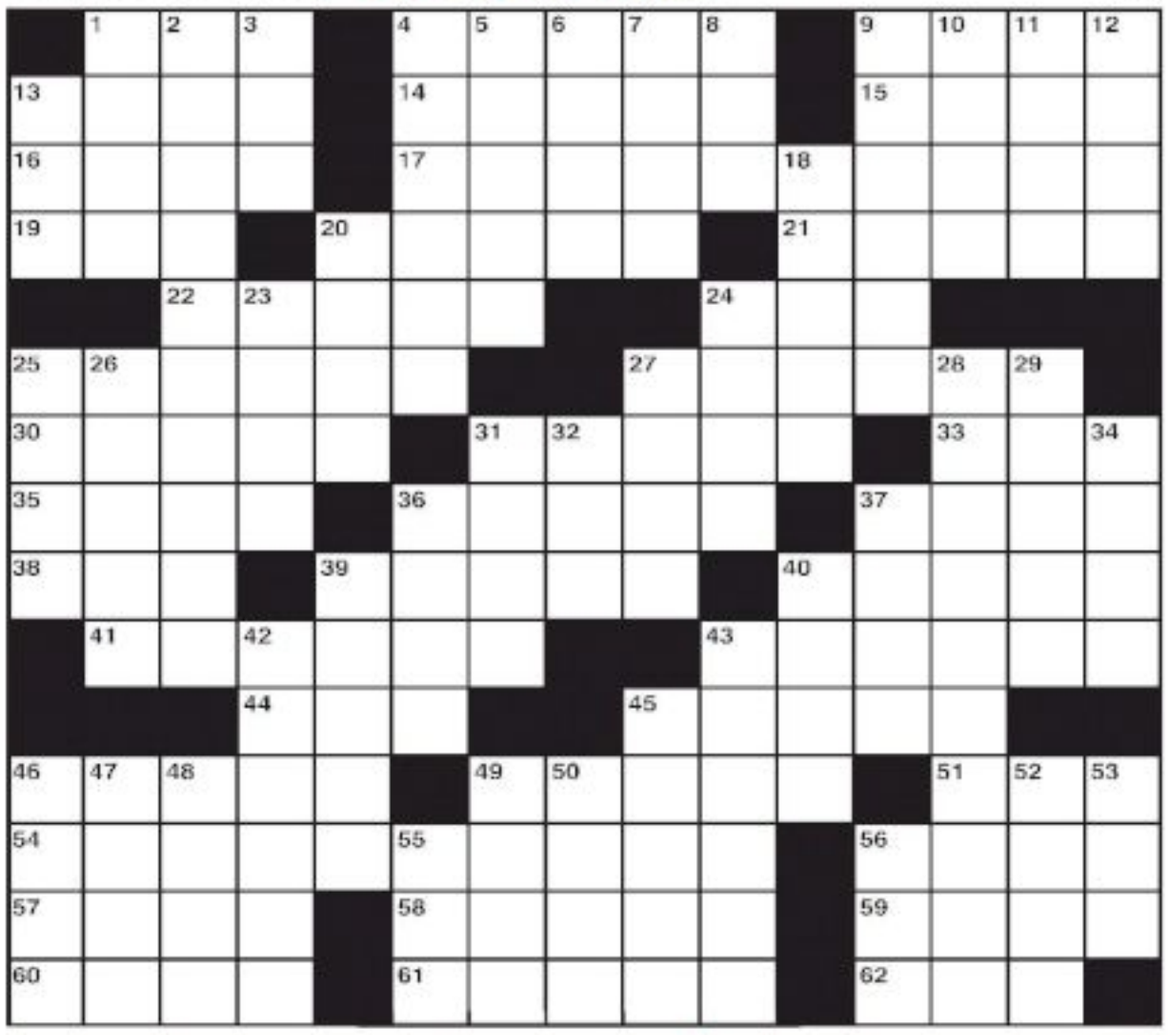

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ACROSS

1 Toast spread
4 Come into conflict
9 Actor Sandler
13 Unwanted find in a fish dish
14 Capital of Vietnam
15 Indian prince
16 Aristotle's "B"
17 Sporadic
19 TV drama series
20 "It's all __ to me"
21 Brainy
22 Footwear
24 Pres. Arthur's initials
25 Beer mugs
27 Wild animals
30 Cone-shaped dwelling
31 Old French currency
33 Push-__; calisthenics exercises
35 Breaks a fast
36 Perch
37 Get ready, for short
38 Sorority letter
39 Track-and-field events
40 Solitary
41 Resounds
43 Disease
44 Strange
45 Ore seeker
46 Diminish
49 __ out; eliminate gradually
51 "Scent __ Woman"; Al Pacino film
54 Uprisings
56 Spoil
57 __ the shots; be in charge
58 TV's "Kate & __"
59 "If __ I hadn't!"; cry of regret
60 Seeks damages from
61 "Guilty" and "Not guilty"
62 "__ on a Grecian Urn"

DOWN

1 Montana & Biden
2 Iodine or Neosporin
3 "Give __ break!"
4 Tasks
5 Shoestrings
6 Suffix for inherit or vigil
7 __ up; absorb
8 __ and hers
9 Fragrances
10 Plato or Carvey
11 Not quite closed
12 Sweet creamy drink
13 UK network
18 Newton or Hayes
20 No longer here
23 Rushes
24 Penny
25 "__ on it!"; cry to a slowpoke
26 Razz
27 Bony fish
28 Face the other way
29 Velocity
31 Opponents
32 Go bad
34 Agile
36 Rex or Donna
37 North __; Santa's home
39 Fashion show participant
40 Walkway
42 Monopoly player's purchases
43 Shoots poorly
45 Excessive enthusiasm
46 Rainbows
47 Suitor
48 Qualified
49 Capsule or caplet
50 Donut center
52 Rank's partner, in phrase
53 Not __ longer; no more
55 Living in the __ of luxury
56 One of Winnie the Pooh's pals

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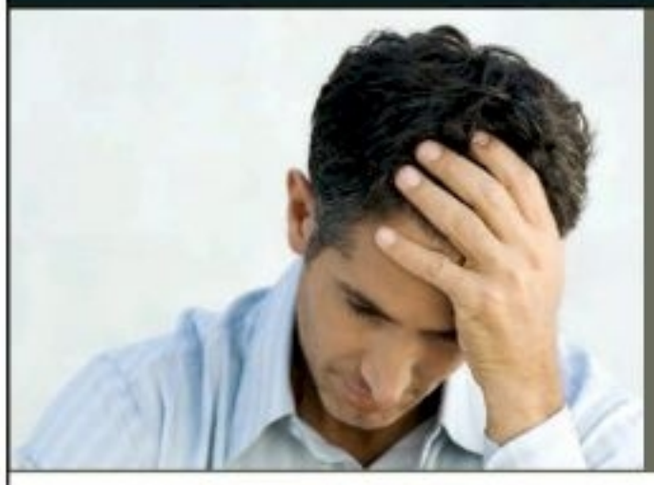

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